

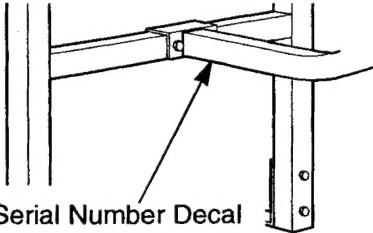
WEIDER®

130

Model No. WEBE13060

Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

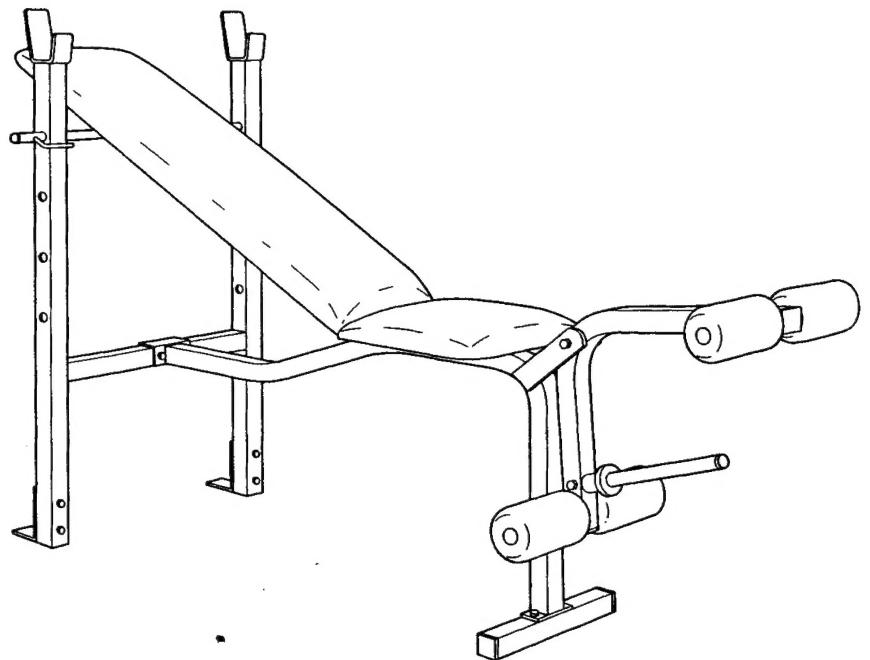
CUSTOMER HOT LINE:

1-800-225-0653

Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



USER'S MANUAL

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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench.
2. Use the weight bench only as described in this manual.
3. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
4. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
5. Keep small children and pets away from the weight bench at all times.
6. Always be sure there is an equal amount of weight on each side of your barbell (not included) when you are using it.
7. Do not use a barbell longer than five feet with the weight bench.
8. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
9. Always wear athletic shoes for foot protection while exercising.
10. Keep hands and feet away from moving parts.
11. The weight bench does not include weights. The weight bench is designed to support a maximum of 300 pounds, including the user, a weight bar and weights. Do not place more than 110 pounds, including a weight bar and weights, on the weight rests. Do not place more than 50 pounds on the leg lever.
12. When using the backrest in the level position or in an inclined position, make sure that the support rod is inserted completely through both sides of the "H"-frame, and that the support rod is turned to the locked position.
13. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
14. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

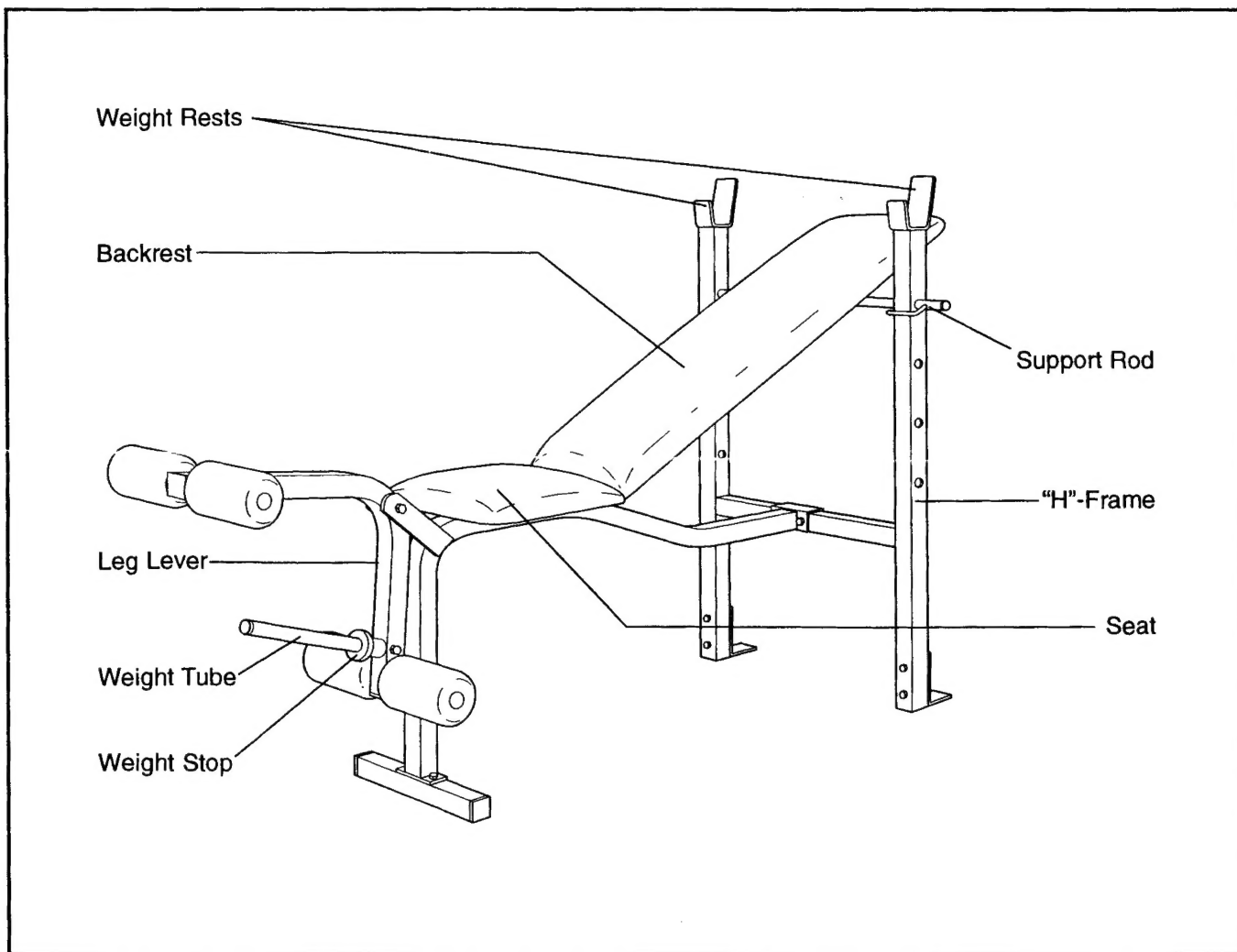
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 130 Weight Bench. The versatile WEIDER® 130 Weight Bench is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER® 130 Weight Bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® 130 Weight Bench. If you have additional questions, please call our Customer Service

Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE13060. The serial number can be found on a decal attached to the WEIDER® 130 Weight Bench (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.

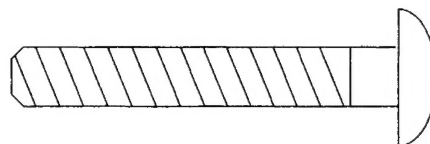


PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**



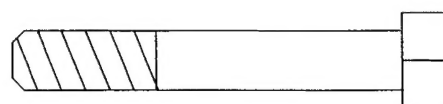
1/2" x 3/8" Metal Spacer (25)–2



5/16" x 2" Carriage Bolt (27)–2



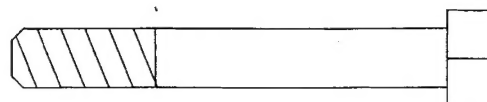
5/16" Nylon Jam Nut (29)–4



5/16" x 2" Bolt (15)–1



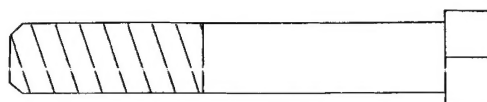
3/8" Nylon Jam Nut (18)–1



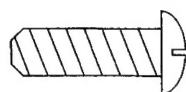
5/16" x 2 1/4" Bolt (16)–6



5/16" Nylon Locknut (19)–6



3/8" x 2 1/4" Bolt (14)–1



1/4" x 3/4" Screw (13)–6



5/16" x 3" Bolt (17)–1




ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Place all parts of the WEIDER® 130 in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, use the **PART IDENTIFICATION CHART on the previous page**. Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the WEIDER® 130, make sure that all parts are oriented as shown in the drawings.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **Two (2) adjustable wrenches** 
- **One (1) standard screwdriver** 
- **One (1) rubber mallet** 
- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

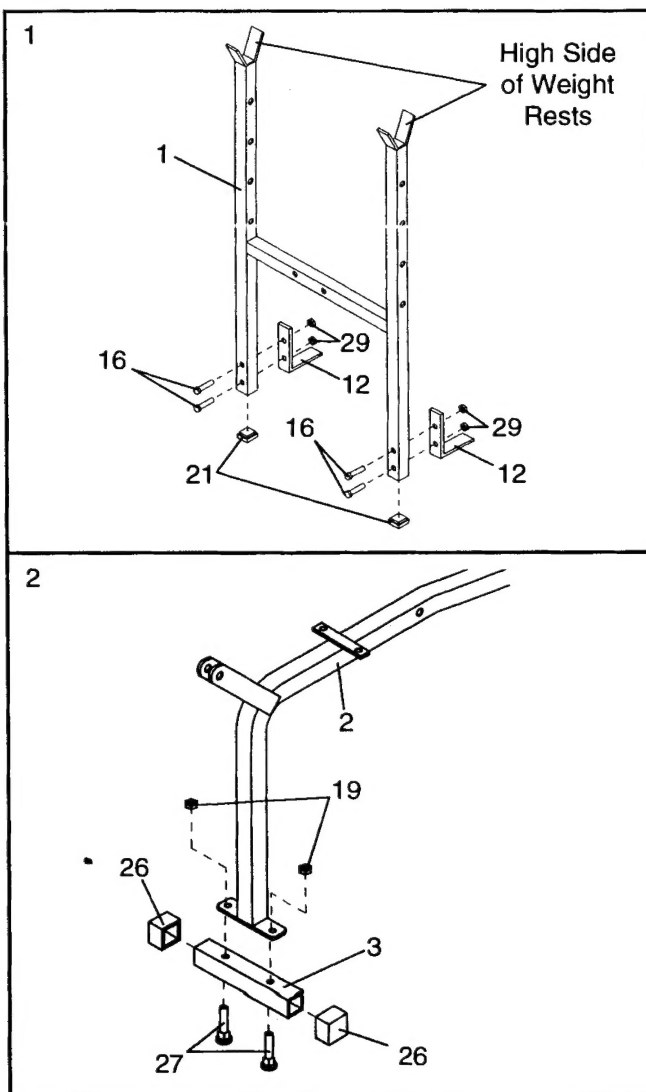
1. **Before assembling this product, be sure that you have read and understand the information in the box above.**

Tap the two 1 3/4" Square Inner Caps (21) into the "H"-Frame (1).

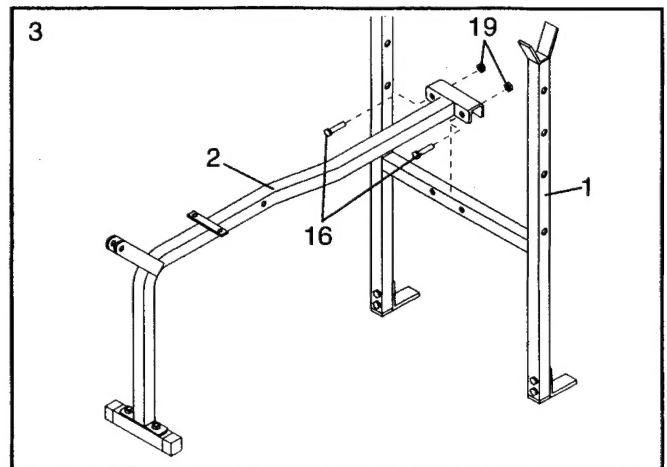
Be sure that the "H"-Frame (1) is oriented as shown. The high side of the weight rests must be on the side indicated. Attach each "L"-Bracket (12) to the indicated side of the "H"-Frame with two 5/16" x 2 1/4" Bolts (16) and two 5/16" Nylon Jam Nuts (29).

2. Tap a 1 1/2" Square Outer Cap (26) onto each end of the Stabilizer (3).

Attach the Stabilizer (3) to the Frame (2) with the two 5/16" x 2" Carriage Bolts (27) and two 5/16" Nylon Locknuts (19).



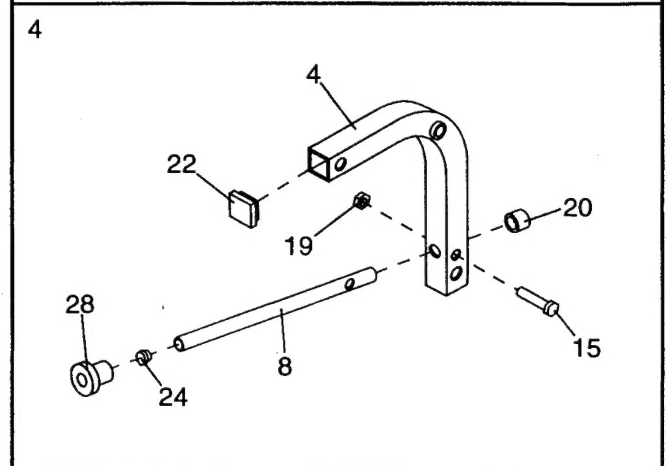
3. **Be sure that the "H"-Frame (1) is oriented as shown.** Attach the Frame (2) to the "H"-Frame (1) with two 5/16" x 2 1/4" Bolts (16) and two 5/16" Nylon Locknuts (19).



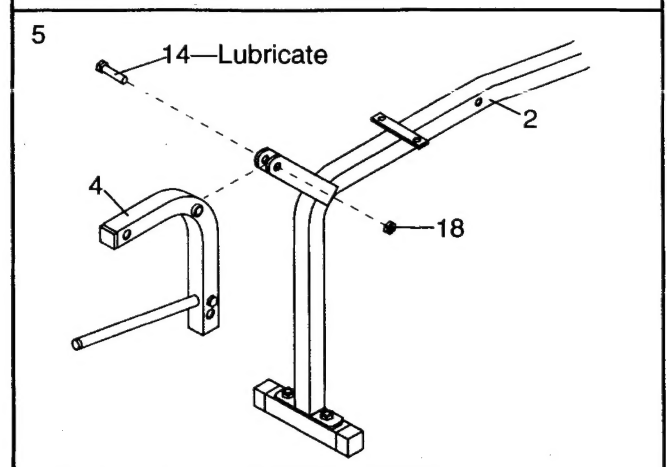
4. Tap a 1 1/2" Square Inner Cap (22) into the indicated end of the Leg Lever (4).

Attach the 13 3/4" Weight Tube (8) to the Leg Lever (4) with the 5/16" x 2" Bolt (15) and a 5/16" Nylon Locknut (19) as shown.

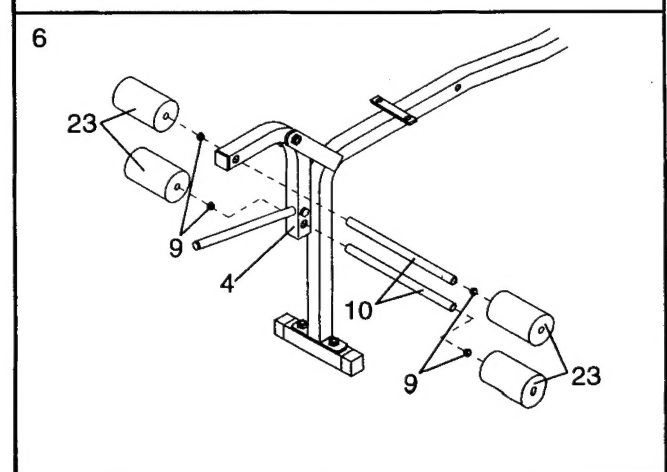
Tap a 1" Round Inner Cap (24) into the indicated end of the 13 3/4" Weight Tube (8). Tap the 1" Angled Round Cap (20) onto the other end of the Weight Tube. Slide the Weight Stop (28) onto the Weight Tube.



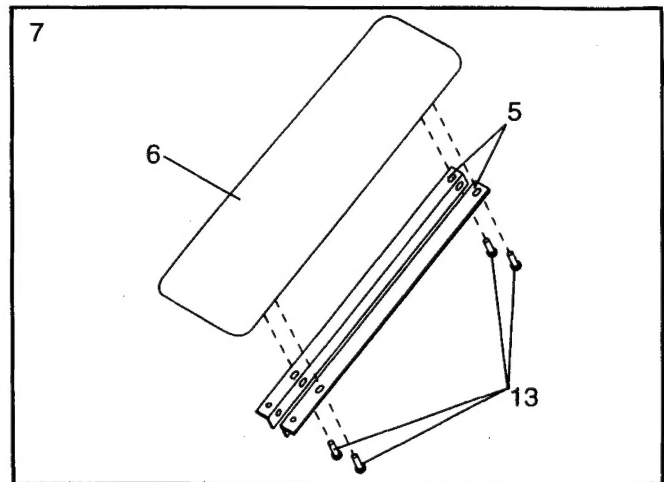
5. Lubricate the 3/8" x 2 1/4" Bolt (14). Attach the Leg Lever (4) to the Frame (2) with the Bolt and the 3/8" Nylon Jam Nut (18).



6. Tap two 3/4" Round Inner Caps (9) into each Pad Tube (10). Insert the Pad Tubes through the holes in the Leg Lever (4). Slide two Foam Pads (23) onto each Pad Tube.

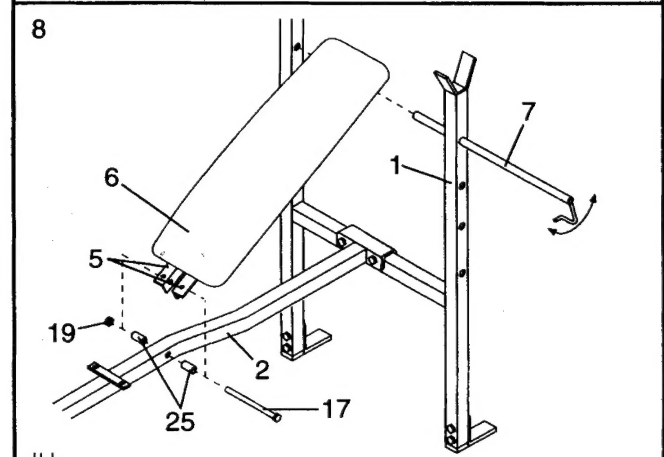


7. Attach the two Backrest Brackets (5) to the Backrest (6) with four $\frac{1}{4}$ " x $\frac{3}{4}$ " Screws (13). Make sure that the Backrest Brackets and the Backrest are oriented as shown.

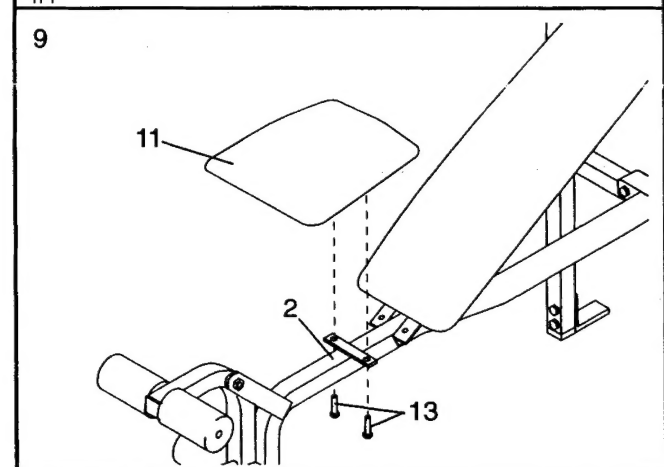


8. Insert the Support Rod (7) through one of the four sets of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the "H"-Frame.

Attach the Backrest Brackets (5) to the Frame (2) with the $\frac{5}{16}$ " x 3" Bolt (17), the two $\frac{1}{2}$ " x $\frac{3}{8}$ " Metal Spacers (25), and a $\frac{5}{16}$ " Nylon Locknut (19). Rest the Backrest (6) on the Support Rod (7).



9. Attach the Seat (11) to the bracket on the Frame (2) with two $\frac{1}{4}$ " x $\frac{3}{4}$ " Screws (13).



ADJUSTING THE WEIGHT BENCH

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 9 for important exercise information and refer to the accompanying exercise poster to see the correct form for each exercise. Refer also to the exercise information accompanying your weight set (not included) for additional exercises.

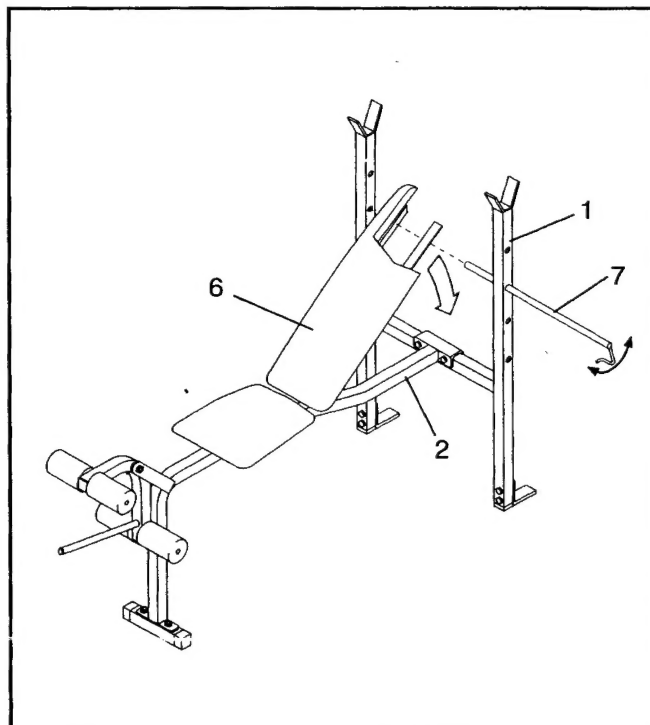
Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (6) can be used in either a decline position, a level position, or three inclined positions. To use the Backrest in the decline position, remove the Support Rod (7) and lay the Backrest on the Frame (2).

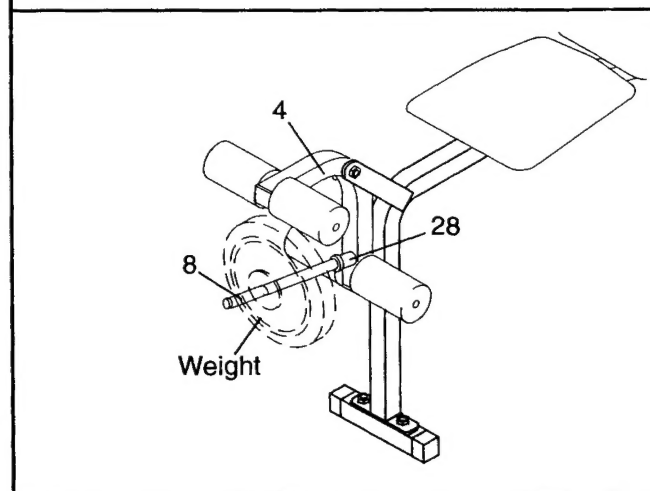
To use the Backrest (6) in the level position, first lift the Backrest (6). Insert the Support Rod (7) through the lowest set of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the "H"-Frame. Lay the Backrest on the Support Rod.

To use the Backrest (6) in an inclined position, first lift the Backrest (6). Insert the Support Rod (7) through one of the upper three sets of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the "H"-Frame. Lay the Backrest on the Support Rod.



ATTACHING WEIGHTS

To use the Leg Lever (4), first slide the Weight Stop (28) onto the Weight Tube (8). Next, slide the desired weights (not included) onto the Weight Tube. **WARNING: Do not place more than 50 pounds on the Leg Lever.**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

- **Muscle Building.** In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity and progressively increase the intensity of your exercise so that your muscles will continually adapt and grow. Each individual exercise can be tailored to the proper intensity level by changing the amount of weight used, or the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions performed consecutively.)

The proper amount of weight for each exercise depends upon the individual user. It is up to you to gauge your limits. Select the amount of weight that you think is right for you. Begin with 3 sets of 8 repetitions for each exercise that you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

- **Toning.** To tone your muscles, you must push your muscles to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as

many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

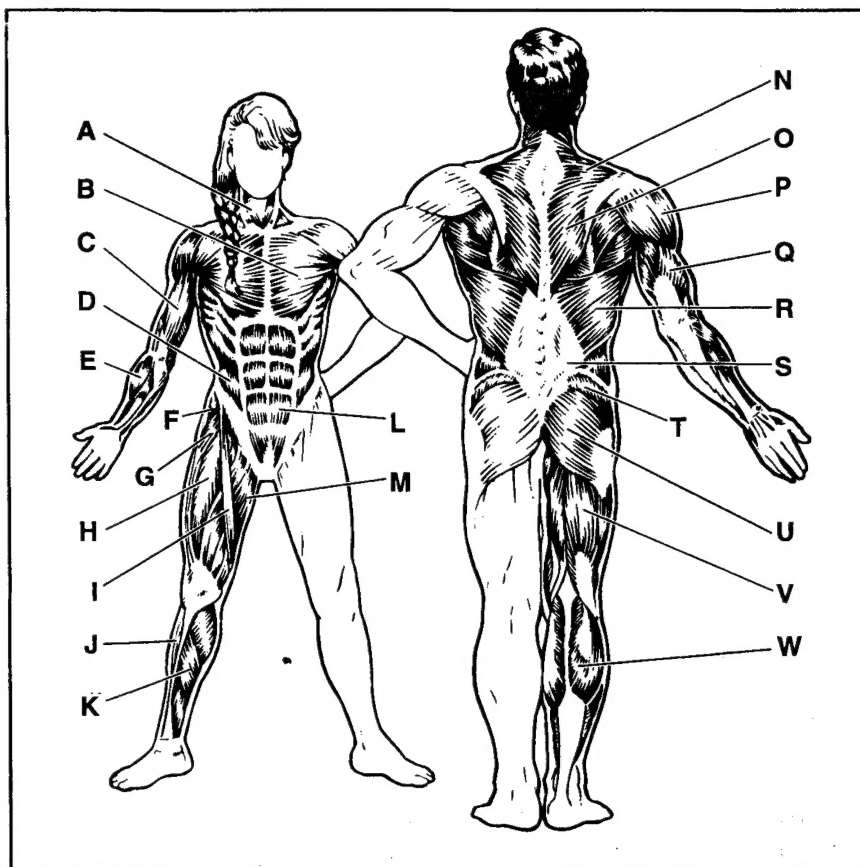
- **Weight Loss.** To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.
- **Cross Training.** In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or

MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



sets for each exercise. It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. If you experience pain or dizziness at any time while exercising, stop immediately and begin to cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are also important.

WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Warming up prepares your body for exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

In order to obtain the greatest benefits from exercising, it is essential to maintain proper form. This means

moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is also important. Exhale during the exertion stage of each repetition and inhale during the return stroke; never hold your breath.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

STAYING MOTIVATED

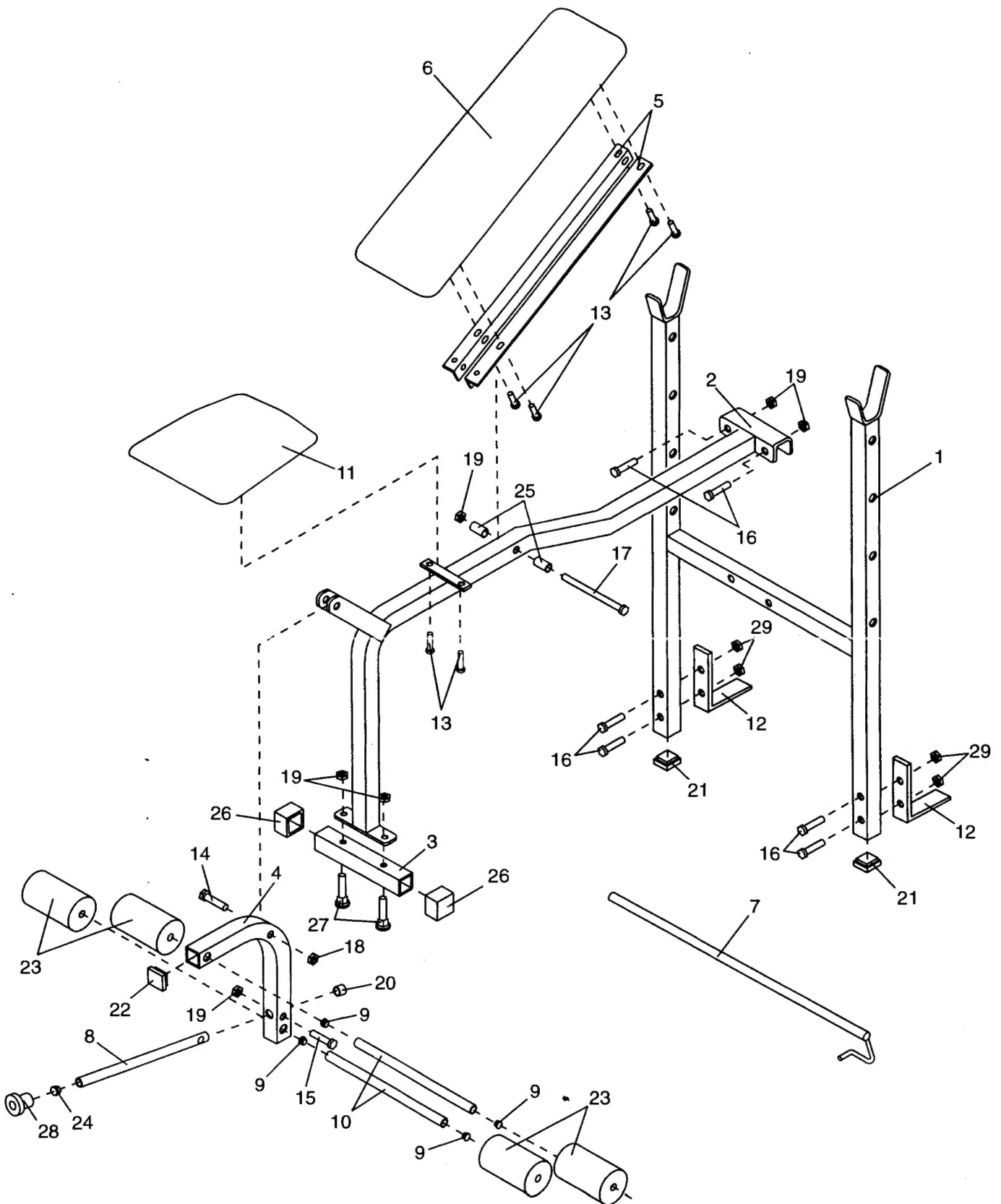
For motivation, keep a record of each workout. The charts on pages 14 and 15 of this exercise guide can be photocopied and used to schedule and record your workouts. List the date, exercises performed, resistance selected, and numbers of repetitions and sets completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. WEBE13060

R0596A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	"H"-Frame	16	6	5/16" x 2 1/4" Bolt
2	1	Frame	17	1	5/16" x 3" Bolt
3	1	Stabilizer	18	1	3/8" Nylon Jam Nut
4	1	Leg Lever	19	6	5/16" Nylon Locknut
5	2	Backrest Bracket	20	1	1" Angled Round Cap
6	1	Backrest	21	2	1 3/4" Square Inner Cap
7	1	Support Rod	22	1	1 1/2" Square Inner Cap
8	1	13 3/4" Weight Tube	23	4	Foam Pad
9	4	3/4" Round Inner Cap	24	1	1" Round Inner Cap
10	2	Pad Tube	25	2	1/2" x 3/8" Metal Spacer
11	1	Seat	26	2	1 1/2" Square Outer Cap
12	2	"L"-Bracket	27	2	5/16" x 2" Carriage Bolt
13	6	1/4" x 3/4" Screw	28	1	Weight Stop
14	1	3/8" x 2 1/4" Bolt	29	4	5/16" Nylon Jam Nut
15	1	5/16" x 2" Bolt	#	1	User's Manual

"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (WEBE13060).
2. The NAME of the product (WEIDER® 130 Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see page 10 of this manual).

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813